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Let's make it better! Raising the awareness of the triad

Nutrition-Health-Food Safety in School Education

Project Reference: 2014-1-RO01-KA200-002931

BACKGROUND

The “EduForHealth” Project attempts to address the education for health from the scientific, pedagogical and legislative perspective, taking also into account the age of children, the classroom level, the psychosomatic development of students as well as the national and local particularities.

As far as the teachers are concerned, they could be trained to better expand the current educational step by deploying an integrated approach in the teaching of food science, by exploiting traditional and web-based materials, as well as by adopting modern teaching approaches such as game based learning and digital storytelling.

In the context of this project, teaching and specific learning materials will be designed with a special emphasis on the field of nutrition. In fact, healthy nutrition is vital to good health and disease prevention, and it is also essential for healthy growth and development of children and adolescents. Hence, an appropriate intervention in order the specific problem to be addressed is food education that takes place into the classroom as children spend a great portion of their day in school.

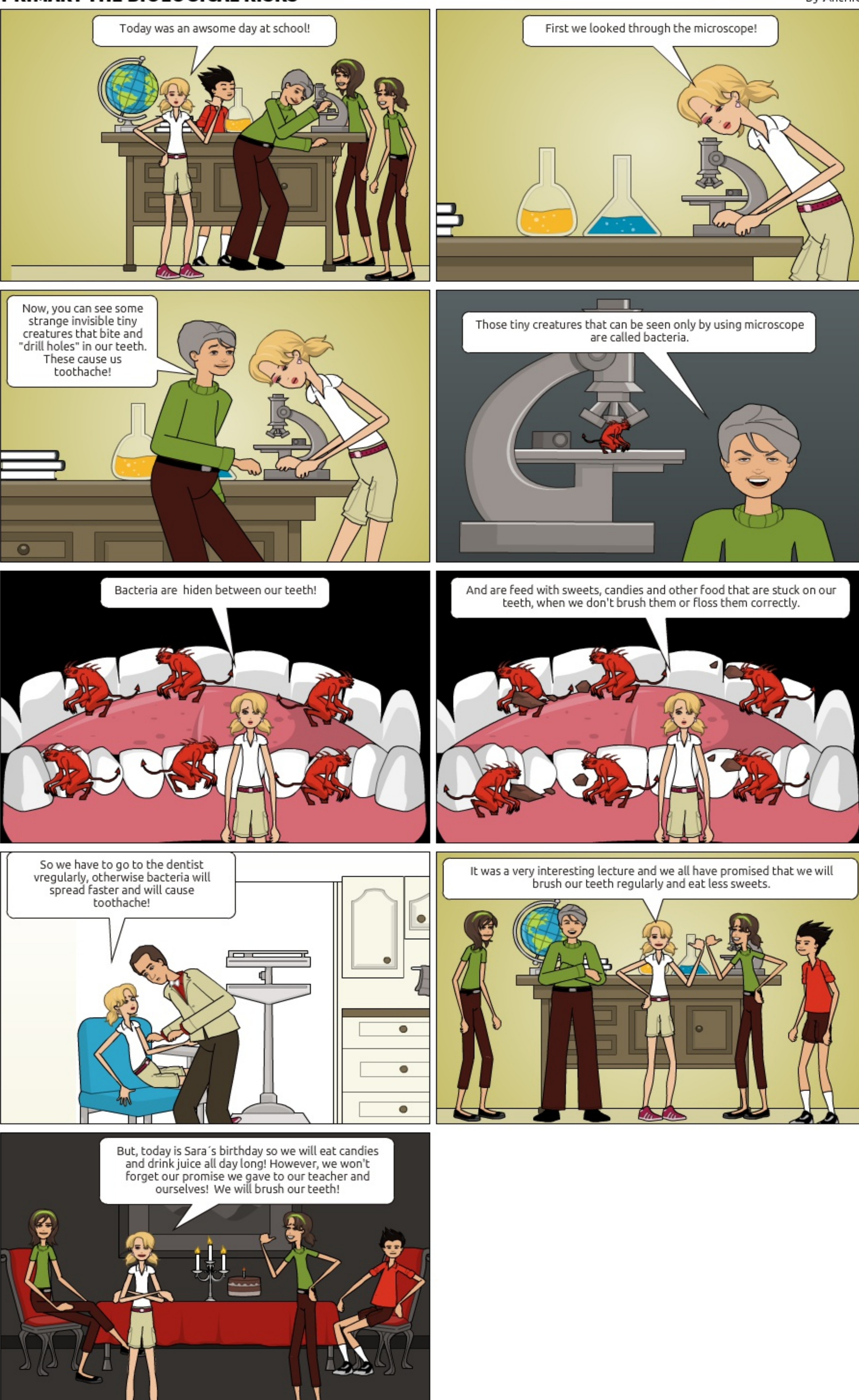
Ten essential topics of Food Safety and Nutrition have been selected – according to the literature – as appropriate for pupils’ and students’ healthy nutrition education at the pre-, primary and secondary educational level:

- The Food Pyramid and the basic composition of foods (glucides, fats, proteins, vitamins, minerals, biological active compounds).
- The role of nutrients in the human body function and in the human health status.
- The biologically active compounds of foods and their implication in health wellness and preservation.
- The risk of chemical substances in food consumption (e.g. heavy metals, pesticides, self-born toxins, industrial born poison, etc.) and their implication in health.
- The biological health risks in food consumption (e.g. pathogenous and adulteration microorganisms and microbiological toxins).
- Chemical and biological risks and their prevention.
- The nutritional food labeling.
- The concept of RDA (Recommended Daily Allowance) and consumption security.
- Health logos.
- Food Hygiene.

Based on the above, a set of digital stories are being designed, containing and handling the aforementioned ten essential topics of Food Safety and Nutrition.

EXAMPLE OF A DIGITAL STORY

PRIMARY THE BIOLOGICAL RISKS by AnthiG



Today was an awesome day at school!

First we looked through the microscope!

Now, you can see some strange invisible tiny creatures that bite and "drill holes" in our teeth. These cause us toothache!

Those tiny creatures that can be seen only by using microscope are called bacteria.

Bacteria are hidden between our teeth!

And are feed with sweets, candies and other food that are stuck on our teeth, when we don't brush them or floss them correctly.

So we have to go to the dentist regularly, otherwise bacteria will spread faster and will cause toothache!

It was a very interesting lecture and we all have promised that we will brush our teeth regularly and eat less sweets.

But, today is Sara's birthday so we will eat candies and drink juice all day long! However, we won't forget our promise we gave to our teacher and ourselves! We will brush our teeth!

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